

Course:LO500 Improve your Self-Esteem

COURSE DURATION:

60 minutes

AVAILABLE IN:

- Non Audio

DELIVERED VIA:

- Intranet
- Internet

This course is designed to help you to focus on the traits of low and high self-esteem so that you gain an insight into how you perceive yourself and improve your self-confidence.

Course Content

- What self-esteem is
- Why it is important
- What the causes are of high and low self-esteem

Having completed this course you will:

- Have a clear idea of what self-esteem is
- Understand why self-esteem can have a major influence on many areas of your life
- Receive advice on how to improve self-esteem